

CENTER OPERATIONS

NORMAN PARK STAFF

Letty Hernandez
Adolfo Herrera
Ubah Abdi
Dayanira Heredia
Brenda Mazon

Sandy Chavez
Heder Dominguez
Ysabel Jaimes
Julie Ann San Juan
Caitlin Weston

CENTER HOURS OF OPERATION

Monday - Thursday, 8:00AM - 7:00PM

Friday - 8:00AM - 5:00PM

Norman Park Center will be closed:

Veteran’s Day: **November 11**
Thanksgiving: **November 26 - 27**
Holiday Closure: **December 21 - January 3**

FITNESS CENTER HOURS

Monday/Wednesday/Friday 10:30AM - 2:00PM

Tuesday/Thursday 8:00AM - 12:30PM

Evening and Saturday Hours

Monday - Thursday 5:00PM - 7:00PM

Saturday 8:30 AM - 11:00AM



CITY OF
CHULA VISTA

Recreation Department
Norman Park Senior Center
270 "F" Street
Chula Vista, CA 91910

Phone Numbers

Front Desk: 619-409-1930
Hostess Desk: 619-691-5023



RECREATION DEPARTMENT

The Heart of the Neighborhood

www.chulavistaca.gov/rec

270 F Street • (619) 409-1930



Norman Park Senior Center



October, November and December

October Root-Beer Fest: Wednesday, Oct 7 @ 12PM

The Chula Vista Senior Club is hosting root beer floats in honor of October fest. Join us in the lobby to enjoy a root beer float and socialize with your friends. FREE. Must Pre-Register.

Spooktacular Costume Contest & Lunch: Wednesday, Oct 28 @ 12PM

Gals and Ghouls join us in your most Spooktacular costume for a delicious lunch. Fun, games, and activities await at this monster of a bash. We will be serving up fried chicken, potato salad and fruit! Don’t delay, purchase your ticket today, and register for the costume contest. Costume winner will receive a \$20.00 Gift Card to Sprouts. Tickets are \$5/ Resident & \$6/ Non-Resident

Dia de los Muertos Celebration: Monday, Nov 2 @ 11AM

Join us for the festive tradition of Dia de los Muertos (Day of the Dead) and celebrate the lives of our departed loved ones. There will be an area to display your photos or mementos to honor our loved ones who have passed. FREE

Pumpkin Pie Social: Wednesday, Nov 25 @ 1PM

Grab a slice of pumpkin pie, coffee, tea and conversation to kickoff Thanksgiving. Have fun with some games and a Thanksgiving craft. Tickets are \$2/ Resident & \$3/ Non Resident

Cider Celebration & Tree Decorating: Wednesday, December 9 @ 11AM

Sip a warm cup of cider and help us get Norman Park into the Holiday spirit. We will provide the decorations, but we need some elves to make it sparkle. Warm cider, coffee and treats will be available. This event is FREE but space is limited, so be sure to register early. Must Pre-Register.

Holiday Brunch: Wednesday, Dec 16 @ 10:30AM

Back by popular demand Norman Park will be having its annual holiday brunch on Wednesday December 16th at 10:30AM. Please help us celebrate the holidays by joining us for a beautiful event hosted by our staff. The event will have holiday music, opportunity drawings and delicious food such as quiches, muffins and fresh fruit.. Tickets are \$5/ Resident & \$6/ Non-Resident. This event will sell out so register early!

Register at the front desk or online at chulavistaca.gov/rec



Senior Services Update

Programs offered between the hours of 12pm-5pm Monday through Friday are funded through Federal HUD Community Development Block Grant funds to serve predominantly those ages 62+ in low to moderate income households. In order to receive these funds we are required to gather verification of birthdate and demographic information on every registrant. In order to participate in programs during the hours of 12pm-5pm, you will be required to complete a CDBG Intake Form and provide us with a copy of your picture ID verifying your birthdate. Thank you for helping us be compliant with HUD CDGB regulations which provide \$30,000 in grant funds to keep our doors open and programs running.

To be more environmentally conscience and reduce our high printing costs, our quarterly newsletter is now on the city website at www.chulavistaca.gov/rec or can be sent electronically via email. Please stop by the front desk to add your email to our list.



HOLIDAY CLOSURES
Veteran’s Day: November 11
Thanksgiving: November 26 - 27
Holiday Closure: December 21 - January 3



CHULA VISTA SENIOR CLUB NEWS

Bingo Every Friday
Time: 12PM - 2PM

The Chula Vista Senior Club hosts a potluck during bingo every 1st and 3rd Friday. Please bring a food item to share. Bingo cards are \$.50 cents each for club members, \$1 for non-members. Come for fun and the prizes!

Bingo with Potluck
Oct 2, 16; Nov 6, 20; Dec 4

Board Members Needed
The Senior Club is looking for a 2nd Vice-President & Secretary. This is an excellent opportunity to contribute to both the Chula Vista Senior Club as well as Norman Park Senior Center. Join the board to be the voice of change! Call the hostess desk at (619) 409-1935 for more information.



General Meeting

The Senior Club General Meetings are scheduled for the 1st Thursday of each month at 11am. The next meetings are scheduled as follows:

Oct 1 @ CANCELED
Nov 5 @ 11AM in Room 6
Dec 3 @ 11AM in Room 6

The general meeting is open to all Senior Club members. Please join us to share your ideas and concerns.

SENIOR CLUB BOARD MEMBERS

President: Susan Alvarez
1st Vice President—Madeleine Corbeil
2nd Vice President—Vacant
Secretary– Vacant
Treasurer—Joan Stewart

Live Band Dances / Holiday Food Drive
Oct 1st
Nov 5th
Dec 3rd

Time: 1 PM - 3:30 PM

Dress your best for the Senior dance hosted by the CV Senior Club. Live band and light refreshments provided. Tickets sold at the door.

\$5/ Club Members
\$6 / Non Club-Members
Or
\$3/ Club Member + 2 Non-Expired/Non-Perishable Items
\$4/ Non-Club Member + 2 Non-Expired/Non-Perishable Items

WEEKLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EXERCISE WITH KAY 8:00AM-9:00AM COMPUTER CLUB 8:00AM-12:00PM CIRCUIT TRAINING 9:15AM-10:30PM ART WATERCOLOR 9:00AM-12:00PM SPANISH CONVERSATION 10:00AM-11:00AM WORLD AFFAIR GROUP 10:00AM-12:00PM BRIGE CHICAGO 12:00PM-4:00PM SCRABBLE 12:30PM-4:00PM MOVIE MONDAY 1:00PM-3:30PM BALLROOM DANCE 1:00PM-2:00PM (Fee Pg.7) DANCE CARDIO PARTY 5:30PM-6:30PM	SWC EXERCISE CLASS 8:00AM-9:00AM SINGING INFORMAL 9:00AM-11:30AM BEG LINE DANCE 10:00AM-11:00AM (Fee Pg.7) ADV LINE DANCE 11:00AM-12:00PM (Fee Pg.7) BRIDGE 10:00AM-12:00PM LAUGHTER YOGA 10:30AM-11:30AM GUITAR LESSONS 11:00AM-12:00PM (Fee Pg.7) SINGING SENIORS 1:30PM-3:30PM CREATIVE WRITERS 2:00PM-4:00PM	EXERCISE WITH KAY 8:00AM-9:00AM ARTIST SOCIAL GROUP 9:30AM-11:30AM KNITTING & CROCHETING 9:30AM-11:30AM BRIDGE DUPLICATE 12:00PM-4:00PM (Canceled on special event days) SCRABBLE 12:30PM-4:00PM CHAIR YOGA 4:30PM-5:55PM STRENGTH TRAINING 6:00PM-6:55PM BUNCO GAME NIGHT - CV SENIOR CLUB 5:00PM-6:00PM DANCE CARDIO PARTY 5:30PM-6:30PM (Fee Pg.6)	SWC EXERCISE CLASS 8:00AM-9:00AM 1ST THUR CV SENIOR CLUB DANCE 1:30PM-3:30PM 2ND THURS KOREAN CLUB 11:00PM-2:00PM 3RD THURS GARDEN CLUB 11:00AM-300PM 4TH THUR CLUB AMISTAD 12:00PM-4:00PM GENTLE YOGA 4:30PM-6:30PM	YOGA WITH KAY 8:00AM-9:30AM SPANISH CONVERSATION 10:00AM-11:00AM BINGO - CV SENIOR CLUB 12:00PM-2:00 PM BRIDGE 12:00PM-4:00PM PINNOCHLE 12:00PM-4:00PM SCRABBLE 12:30PM-4:00PM BUNCO - CV SENIOR CLUB 2:30PM-4:00PM



Out 2 Lunch Bunch

The Out-2-Lunch Bunch meets at 1:00PM at the pre-designated restaurant. This group emphasizes making new friends and socializing. Everyone pays for their own lunch.

October 14 at La Bella Pizza
550 Marina Park Way

November 11 at Olive Garden
2015 Birch RD

December 9 at Red Lobster
386 E. H Street

NOW PLAYING

★ movie night

Movie Monday
1:00 PM– 3:00 PM
Every Monday Norman Park Center features an exciting movie that will keep you entertained. Join us for a movie and light refreshments.

OLDER ADULT & SENIOR CLASSES AND ACTIVITIES ACROSS THE CITY

The Recreation department offers a variety of classes and activities that are suitable for older adults and seniors. Attending these classes is a way to get out and explore the community while trying something new. Perhaps you'll find a new, fun class offered in your local neighborhood. Go to the Recreation department's website for older adult and senior programming at a facility near you. www.chulavistaca.gov/rec

Loma Recreation Center

1420 Loma Lane
(619) 409-1939
AM Exercise Tuesdays & Thursdays
9-10am, \$3 drop in or a monthly fee which varies month to month



Salt Creek Recreation Center

2710 Otay Lakes Rd
(619) 585-5739
Free: Ping Pong and Badminton



Heritage Community Center

1381 E Palomar St
(619) 421-7032
Adult Painting, Yoga, Zumba and Cardio Kickboxing

Monteville Recreation Center

840 Duncan Ranch Rd, (619) 691-5269
Pickle Ball, Line Dancing, Painting,
Swing and Ballroom Dance classes



Women's Club

357 G St 91910, (619) 409-1980
Tuesdays & Thursdays
1:00pm Feeling Fit Exercise classes



Loma Verde Pool

1420 Loma Lane
619-409-1987
Water Aerobics
M/W/F @ 11am-12pm
\$4/class or 10 classes for \$35

SPECIAL EVENTS CONT.

Singing Seniors Present "Home for the Holidays" Wednesday, Dec 9 @ 1:30PM

The Singing Seniors of Norman Park Senior Center will present a matinee concert titled "Home for the Holidays" to help get you in the holiday spirit on Wednesday, December 9 at 1:30PM. Come enjoy the Holiday carols performed by the Singing Seniors and directed by Rankin on the Piano. We invite you to stay for the light refreshments afterwards provided by the Singing Seniors.

Classic Movie Monday

The first Monday of the month enjoy a screening of a classic movie. If you have a movie request let the front desk staff know and we will search our archives!

Senior Club News Continued.

Chula Vista Senior Citizens club 2016 Membership Drive is coming Soon.

Chula Vista Senior Citizen's Club election rosters will be available Oct. 15, 2015 through Nov. 21, 2015. Anyone interested in running for a position on the 2016 Club's executive board should put their name on the rosters. All positions are available; President, 1st & 2ND Vice - Presidents, Secretary & Treasurer. The election of officers will be held at the Dec 3rd General meeting.



Dancing for your Health Bailando por su salud



Friday, October 23rd 2015

6:00 PM—9:00 PM

LOMA VERDE RECREATION CENTER

1420 LOMA LANE

CHULA VISTA CA 91911

RSVP TO 1-877-926-8300

[HTTPS://AARP.CVENT.COM/AARPCACVDANCE2015](https://aarp.cvent.com/aarpcacvdance2015)

COSTUME CONTEST

**MUSICA BY
MANNY CEPEDA**

**FREE EVENT
FOR ADULTS
APPETIZERS**

*PLEASE BRING A DONATION OF NON-EXPIRED CANNED OR PACKAGED FOOD ITEMS TO
SUPPORT SAN DIEGO FOOD BANK. OPPORTUNITY DRAWINGS FOR THOSE WHO DONATE*

SUMMER SALAD SHOWCASE WINNER

ERMIE ORTEGA

1st PLACE RECIPE



- 2 - 15oz cans
- Frozen or Canned Corn
 - 2 - Tomatoes, seeded
 - 2 - Tablespoons of cilantro
 - 1 - Jalapeno (optional)
 - 2 - Green Onions (entire)
 - 2 - Tablespoons of lime juice
 - Salt to taste
- *Beans are optional*



HEALTH AND SAFETY

MEN’S HEALTH DISCUSSION GROUP

The men’s health discussion is led by Dr. Rosenblatt of Scripps Health Center. Healthy snacks provided.

DAY	TIME	ROOM	COST
Oct. 12, Nov. 9, Dec. 14	12:15 PM-2:00PM	ANNEX	FREE

BEREAVEMENT SUPPORT GROUP

Free peer support group open to anyone seeking support in coping with the loss of a loved one. Professionally facilitated by staff of Silverado Hospice.

DAY	TIME	ROOM	COST
Thurs.	10:30 AM-12:00 PM	CONF. RM.	FREE

SCRIPPS HEALTH TALKS

These talks are presented by Scripps Mercy Hospital Chula Vista Well Being Center.

Flu Vaccine Clinic: The flu is serious. Don't pass it on. Take advantage of the FREE flu shot.

DAY	TIME	ROOM	COST
TBA: FOR MORE INFO COME TO THE FRONT DESK			

Balance and Fall Prevention: Join us and learn effective ways to reduce falls and increase your balance.

DAY	TIME	ROOM	COST
TBA: FOR MORE INFO COME TO THE FRONT DESK			

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These program were funded by the San Diego Foundation Health and Human Services Grants program.

CATHLYN CHOI’S KOREAN KITCHEN

Celebrity Chef Cathlyn will serve up healthy and delicious Korean foods sprinkled with Korean culture. Chef Cathlyn Korean Kitchen has been showcased on PBS, tvK, and 4SD. Bilingual: Korean/English.

DAY	TIME	ROOM	COST
Wed. Oct 21	12:00 PM	9, 10, 11	FREE

REGISTER AT THE FRONT DESK

CHANGING MINDS AND HABITS

Join Kitchenista Patty, changing minds and habits with this healthy 5 week cooking course. Bilingual: Spanish/English

DAY	TIME	ROOM	COST
Sept. 23—Nov. 4	1:00 PM-3:00 PM	9	FREE

REGISTER AT THE FRONT DESK

AARP SMART DRIVER COURSE

The AARP Smart Driver™ Course is the nation’s first and largest refresher course for drivers age 50 and older.

DAY	TIME	ROOM
Oct. 13 & 22	12:00 PM-4:00PM	9,10,11
Nov. 10 & 12	12:00 PM-4:00 PM	6,7,8
Dec. 8 & 10	12:00 PM-4:00 PM	6,7,8

COST :
\$15/ARRP-Member \$20/Non-Member. Pay AARP 1st day of class

HEALTH SEMINARS AND SERVICES

ST. PAUL’S SENIOR SERVICES presents on the PACE program. Learn how the PACE provides social and medical services so you can continue to live safely at home. And if you are on Medi-CAL with no share of cost, it’s free! Refreshments and Prizes will be given out!

DAY	TIME	ROOM	COST
Tues. Nov. 3	9:15 AM	9	FREE

BLOOD PRESSURE SCREENINGS

Free blood pressure screenings will be offered at Norman Park lobby. Service provided by a Sharp Chula Vista Medical Center volunteer.

DAY	TIME	ROOM	COST
1st & 3rd Fri.	9:00 AM-11:00 AM	Lobby	FREE

HEALTHY EATING PROGRAM AND LECTURES

UCSD Moore Cancer center will be providing nutrition seminars that provide evidenced-based nutrition information for cancer prevention and an opportunity for discussion with a nutritional professional

FIGHT CANCER WITH FOOD

DAY	TIME	ROOM	COST
Fri. Oct 9	10:00 AM-11:00 AM	9	FREE

THE POWER OF COLORFUL FOOD

DAY	TIME	ROOM	COST
Fri. Oct 23	10:00 AM-11:00 AM	9	FREE

DEBUNKING NUTRITION MYTHS

DAY	TIME	ROOM	COST
Fri. Nov 13	10:00 AM-11:00 AM	9	FREE

REGISTER AT THE FRONT DESK

UPSTAIR SERVICES AND CLUBS

Norman Park Senior Center serves as headquarters for a variety of local non-profit organizations that provide important services to our community. Head upstairs and say hello!

MEALS ON WHEELS

Meals-on-Wheels Greater San Diego, Inc. is committed to reducing the isolation experienced by so many elderly. Meals are delivered to seniors’ homes by volunteers.

Call (619) 420-2782 or visit
http://www.meals-on-wheels.org/ for more information.

SOUTHERN CAREGIVER RESOURCE CENTER

Southern Caregivers provide free services for family caregivers including counseling, respite, supports groups, legal consultation and more.

Call (619) 729-2772 for more information		
DAY	TIME	ROOM
1st & 3rd Wed.	4:30 PM-6:30 PM	Upstairs Office

HOMESTART WITH COVERED CALIFORNIA

CLUB AMISTAD

Club Amistad meets for various events during the month. The group is mostly Spanish speaking but all are welcome to come join. Call President, Marcela Meza for more information at (619) 990-2716.

DAY	TIME	ROOM
1st & 3rd Tues.	12:00 PM-4:00 PM	9, 10, 11

GARDEN CLUB

The Chula Vista Garden Club meets every 3rd Thursday of the month. Upcoming Dates: **Oct 15, Nov 19, Dec 17.** For more information call: President Michael J Biedewbender (619) 991-0524

DAY	TIME	ROOM
3rd Thurs.	11:30 AM-2:30 PM	Full Hall

KOREAN CLUB

The Korean group meets every 2nd Thursday of the month for a potluck. Upcoming Dates: **Sept 10, Oct 8, Nov 12, Dec 10.** Call Kim at (619) 585-9461 for information.

DAY	TIME	ROOM
2nd Thurs.	11:00 AM-2:00 PM	9, 10, 11



Calling all Volunteers!
We are looking for front desk volunteers. If you are interested please come to the front desk or call (619) 409-1930.
Or apply at at chulavistaca.gov

Commission on Aging
Meets the 2nd Wednesday of every-other-month from 2:45-4:00 PM in the Conference Room
Next Meetings: November 18
For more information contact: 619-409-5979

Corrections
See any errors in the newsletter? Let us know at the front desk, so we can be sure to correct them. Thanks for working with us!

CLASSES & ACTIVITIES

Fitness Center

The fitness center has a variety of equipment including treadmills, rowing machines, stationary bicycles, strength training machines, balance boards and free weights.

COST: **Oct.-Dec.** \$35/Res & \$56/Non-Res
One Month: \$15/Res & \$20/Non-Res

Fitness Center Hours

Monday/Wednesday/Friday 10:30AM-2:00PM
Tuesday/Thursday 8:00AM-12:30PM

Evening and Saturday Hours

Monday-Thursday 5:00PM-7:00PM
Saturday 8:30 AM-11:00AM



SENIOR TECH COMPUTER CLASSES

PRIVATE ONE-ON-ONE INSTRUCTION

(Windows, Email, Microsoft Office, Internet)
One-on-one instruction provided on any of the following: advanced internet, review of beginning classes, advanced word processing; computer maintenance; safe guarding your computer and file management, basics of how to use your iPad and Kindle.

MONDAY, WEDNESDAY & FRIDAY

TIME : 1:00—1:30 or 1:30– 2:00

COST : \$10 per 30 minute session (\$12.50 non-residents)

Computer Lab Hours

Fridays, 10 am – 12pm (not open on 1st Friday)
*\$10 yearly membership is required for lab use.



PLEASE NOTE: All classes with fees **require pre-registration** at the NPC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

Circuit Training

The circuit training class works on strength & balance using a variety of fitness equipment. Participants are provided with a workout each week and work at their own level and pace.

DAY **TIME** **ROOM**
Mon & Wed 9:15AM-10:30AM FITNESS CENTER
COST: **Oct-Dec** \$12/Res & \$16/Non-Res



CLASSES & ACTIVITIES

CREATIVE

ART WATERCOLOR

Are you interested in learning to paint with watercolor? Would you like to meet and paint with other artists? Then this is the class for you!

DAY	TIME	ROOM	COST
Mon.	9:00 AM-12:00 PM	7 & 8	FREE

ARTIST SOCIAL GROUP

Come socialize with fellow artists and share your talent. Everyone is welcome to bring their own artwork to create. Have fun with everyone in the group!

DAY	TIME	ROOM	COST
Wed.	9:30 AM-11:30 AM	6	FREE

CRAFT CLASS

Join us for various craft projects offered throughout the year, mostly (make it and take it) projects that are seasonal in nature. Come to the front desk and find the theme of the month!

DAY	TIME	ROOM	COST
2nd Tues.	2:00 PM-3:00 PM	6	FREE

CREATIVE WRITERS

This is a group for anyone interested in the creative writing process. Peers are here to encourage and inspire you with your latest writing project. Meet up to share your ideas.

DAY	TIME	ROOM	COST
Tue.	2:00 PM-4:00 PM	CONF. RM.	FREE

KNITTING & CROCHETING

Join this friendly group of people who love to knit and crochet in good company. We have participants of all skill-levels, and would love to see some new faces!

DAY	TIME	ROOM	COST
Wed.	9:30 AM-11:30 AM	7 & 8	FREE

QUILTING

Interested in quilting? All skill levels welcomed. Let's get together to socialize, learn new skills, and work on our projects.

DAY	TIME	ROOM	COST
Thurs.	10:00 AM-11:00 AM	ANNEX	FREE

PLEASE NOTE: All classes with fees **require pre-registration** at the NPC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

EXERCISE & FITNESS

EXERCISE WITH KAY

Lose weight. Increase your energy. Improve your overall well-being. All of this is possible in this morning exercise with our volunteer Kay.

DAY	TIME	ROOM	COST
Mon & Wed.	8:00 AM-9:00 AM	9,10,11	FREE

SOUTHWESTERN COLLEGE SENIOR EXERCISE

This SWC extended learning course is specifically designed for older adults. Strength training exercises will enhance and promote strength and balance skills, mobility and agility skills. Must register through Southwestern College

DAY	TIME	ROOM	COST
Tue & Thurs.	8:00 AM-9:00 AM	9,10,11	FREE

STRENGTH TRAINING

If you're interested in feeling stronger, healthier, and more vital, this program is for you. Exercising your muscles will increase not only your strength, but also your endurance. Led by volunteer Kay.

DAY	TIME	ROOM	COST
Wed.	6:00 PM-6:55 PM	9,10,11	FREE

LONGEVITY STICK

The longevity stick exercises aim at improving balance, flexibility, strength, mental focus and breathing capacity. Let us train the lungs and the body. Led by volunteer Sandy Trocinski.

DAY	TIME	ROOM	COST
Tue & Thurs.	9:00 AM-10:00 AM	PARK	FREE

YOGA

Yoga improves cardiovascular health, aids digestion and improves sleep and lowers blood pressure and cholesterol. This is a gentle class perfect for seniors. Led by volunteer Kay.

DAY	TIME	ROOM	COST
Fri.	8:00 AM-9:30 AM	9,10,11	FREE

CHAIR YOGA

This class strengthens and stretches the whole body, all while seated in a chair. It's perfect for seniors or people with a disability. Led by volunteer Kay.

DAY	TIME	ROOM	COST
Wed.	4:30 PM-6:00 PM	9,10,11	FREE

CLASSES & ACTIVITIES

GENTLE YOGA

Gentle movement and stretching through yoga poses can reduce swelling in joints while increasing joint mobility. Yoga improves balance which can be especially helpful for seniors Led by volunteer Kay.

DAY	TIME	ROOM	COST
Thur.	4:30 PM-6:30PM	7 & 8	FREE

LAUGHTER YOGA

Laughter/ yoga for fun and fitness is a mind/body class combining practice and laughter to lower stress hormones, foster a positive attitude and help people increase health and vitality through unconditional laughter exercises.

****This program was funded by the San Diego Foundation Health and Human Services Grants program.****

DAY	TIME	ROOM	COST
Tue.	10:30 AM-11:30 AM	9	Free Sept. 22— November 29

DANCE CARDIO PARTY

Get your heart pumping as you feel the rhythm of the music It's not a workout, it's a party! Join Rita for a fun way to get fit. Free for the month of October

****This program was funded by the San Diego Foundation Health and Human Services Grants program.****

DAY	TIME	ROOM	COST
Mon & Wed.	5:30 PM-6:30 PM	7 & 8	Free month of Oct \$12/ \$15 November \$10/ \$13 December



PERSONAL ENRICHMENT

BRIDGE

Bridge is the greatest card game of all. It can provide a challenge as well as enjoyment for the rest of your life. Millions of people play bridge worldwide making it one of the world's most popular card games, particularly among seniors!

DAY	TIME	ROOM	COST
Mon.	12:00 PM– 4:00 PM	6	FREE
Tue.	10:00 AM– 12:00 PM	6	FREE
Wed.	12:00 PM– 4:00 PM	6 & 7	FREE
Fri	12:00 PM– 4:00 PM	6	FREE

BINGO - CV SENIOR CLUB

Looking for the best **Bingo** in Chula Vista? Looking for something exciting to do at Norman Park? Look no further. Come and enjoy a wonderful atmosphere while you relax and play bingo.

DAY	TIME	ROOM	COST
Fri.	12:00 PM- 2:00 PM	9, 10, 11	FREE

BUNCO - CV SENIOR CLUB

This group is for seniors who want to play Bunco, socialize, make friends, and have FUN! No experience with Bunco is necessary! Bunco is a parlour game played in teams with three dice.

DAY	TIME	ROOM	COST
Fri.	2:30 PM– 4:00 PM	7 & 8	FREE

BUNCO GAME NIGHT - CV SENIOR CLUB

This group is for seniors who want to play Bunco, socialize, make friends, and have FUN! No experience with Bunco is necessary. Join us for these fun game nights!

DAY	TIME	ROOM	COST
Wed.	5:00 PM	LOBBY	FREE

MEXICAN TRAIN & OTHER GAMES

Join a group of fun loving seniors to play *Mexican Train* along with other games. Don't be bored at home, make friends and keep your mind active.

DAY	TIME	ROOM	COST
Wed.	12:00 PM	LOBBY	FREE

PINOCHLE

Join a fun group of seniors who enjoy playing pinochle in a social and fun environment. Don't be bored at home, make friends and keep your mind active.

DAY	TIME	ROOM	COST
Fri.	12:00 PM– 4:00 PM	LOBBY	FREE

SHUFFLEBOARD

Shuffleboard is best played in groups, so bring your friends along and join us at Norman Park! Have fun and enjoy a good afternoon with friends.

DAY	TIME	ROOM	COST
Mon.-Friday	Varies	ANNEX	FREE

CLASSES & ACTIVITIES

SINGING SENIORS

The Singing Seniors is a group of members over the age of 50 who sing all the right notes. The group provides a unique outlet of expression and gets out to perform!

DAY	TIME	ROOM	COST
Tues.	1:30 PM– 3:30 PM	ANNEX	FREE

SINGING INFORMAL

Share your talent with other singing seniors in our community! Come and enjoy an informal signing group and have fun in a relaxed setting with other seniors!

DAY	TIME	ROOM	COST
Tues.	9:00 AM-12:00 PM	ANNEX	FREE

SCRABBLE

Come test your vocabulary and show off your creativity with fellow word enthusiasts.

DAY	TIME	ROOM	COST
Mon. Wed & Fri.	12:30 PM-4:00 PM	LOBBY	FREE

BILLIARDS ROOM

The Billiards Room is open for patrons 50+ during regular operating hours. There are two tournament size billiards tables and pool sticks are available.

DAY	TIME	ROOM	COST
Mon-Sat.	Varies	ANNEX	FREE

WORLD AFFAIRS GROUP DISCUSSION

Interested in discussing current events and topics of state, national and international interest? Come to the World Affairs Group Discussion, all are welcome.

DAY	TIME	ROOM	COST
Mon.	10:00 AM-12:00 PM	7 & 8	FREE

COMPUTER CLUB

Interested in computers? Want to learn or demonstrate your skills? Join us at the Computer Club for fun discussions. All are welcomed.

DAY	TIME	ROOM	COST
Mon.	8:00 AM-12:00 PM	ANNEX	FREE

BALLROOM DANCE

This course is designed to introduce students to formal ballroom dance. The instructor will teach the different dance structures, and a variety of dances such as the Waltz, Foxtrot, Cha-Ch and Tango. You don't need a partner. Just come and enjoy!

DAY	TIME	ROOM
Mondays	1:00 PM-2:30 PM	7 & 8

COST

Month: \$10/Res & \$12/Non-Res

Drop-in: \$3.00/Day



GUITAR LESSONS

Your musical journey starts here! Learn chords, simple strums, and tuning in a fun and relaxed group setting. Whether you're a beginner or an intermediate student, this course will take your musical talent to the next level. By the time you're finished, you'll be well on your way to becoming a better guitar player.

DAY	TIME	ROOM
Tuesdays	11:00 AM-12:00 PM	11

COST

Month: \$21/Res & \$25/Non-Res



LINE DANCE

You don't need a partner but you can bring all your friends to this fun workout! Everyone learns at a different pace so choose between the Advance and Beginner levels!

DAY	TIME	ROOM
Advance Tuesdays	10:00 AM-10:50AM	7, 8
Beginner Tuesdays	11:00 AM-11:50AM	7, 8

COST

Month: \$20/Res & \$24/Non-Res

Drop-in: \$6.00/Day



PLEASE NOTE: All classes with fees **require pre-registration** at the NPC front desk. **Payments to instructors are no longer allowed.** If not enough students register in advance, classes may be canceled.

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